

TABOOS

1. Allow enough time for a Navajo to respond to a question posed in English. The talking process of a Navajo requires that they understand the question after which they will translate into Navajo. Then it will be analyzed to see what the best answer will be. This trend of thought requires time. Avoid rushing or interfering with their trend of thought.
2. Competition - traditional Navajos think competition is not good, they believe in sharing and cooperating amongst themselves. They believe in helping those in need rather than spending all their money and time on themselves.
3. New ways - is looked upon with caution. They believe that their tradition is unique and good.
4. Strict Rules or Structure - is looked upon as limiting one's freedom.
5. Jokes about death - are not openly expressed because negative psychological affects will occur on oneself and family members.
6. Crawling through a house window - should be discouraged because a dead person's spirit will exit through any openings of a house other than the doorway.
7. Avoid touching other than a hand shake - touching other people may lead to sexual desires, you might be related to the other person. Sex between clan members is absolutely wrong.
8. Clan relations - is not to be taken lightheartedly. The clan system originates from the holy people.
9. Eye contact - is to be kept to a minimum. A Navajo may appear to be ignoring you when in fact they are listening attentively. They are not showing disrespect if they do not make eye contact.
10. Dissecting frogs, cats, and some other animals are prohibited - doing so will negatively affect you physically and mentally. A pregnant woman is to avoid dissecting animals as it will effect the unborn child.
11. Dogs and cats - are not to be hung because they will cause physical and mental problems. A pregnant woman is not to look upon hung dogs and cats as it will effect the unborn child.
12. Yeii Dancers - are not to be looked at unless one has been properly initiated. It will negatively affect your vision and hearing. A pregnant woman is to absolutely avoid looking at yeii dancers.
13. Certain sand paintings - are not to be replicated because symbols used in these paintings are very sacred. Pregnant women are not to see these sacred symbols.
14. All living plants - on earth are to be respected and taken care of because some of these plants provide us medicine, food, and shelter.

15. **Mother earth and father sky** - are to be respected and taken care of because they are our songs and prayers. We as Dine are part of the creation and we must live in harmony with our surroundings.
16. **Water and Fire** - are to be respected because they are also in our songs and prayers.
17. **Everything around us** - including the earth's contents and the universe were created for a purpose and must be respected for they are in our songs and prayers.
18. **Frogs** - are not to be touched, cut, or eaten because it will effect a person's skin and will cripple a person.
19. **Ancient Pottery** - are not to be touched because it will affect a person's breathing and cause high blood pressure. The Enemy Way ceremony is the only cure.
20. **Eclipse of the Moon and Sun** - you are not to eat, drink, and sleep during an Eclipse. Do not look at an Eclipse. Doing so will affects a person's vital organs. Traditional ceremonies are not to be performed until four days after an Eclipse.
21. Some animals are considered sacred and demand high respect. For example: the bear and it's tracks; the deer and it's bones; the frog and it's tracks; the snake and it's tracks; etc. Showing disrespect affects you physiologically especially a pregnant woman. Crow and Eagle feather are not to be touched unless the feathers have been retrieved through a special ceremonial process.
22. If a person sees a rock fall or mountain slide a ceremony has to be done for that person.
23. If a coyote or owl crosses your path, a ceremony has to be done.
24. You may not stick a knife into food.
25. Expecting parents are not to attend a funeral or be near a burial ground.
26. You may not kill a lizard or a snake - this will cause sores. Grasshoppers are not to be killed - this will cause severe nose bleeds.
27. Special prayers are said when crossings large bodies of water or large rivers. Crossing a mountain requires special prayers.
28. A person may not relieve themselves on a cactus or an ant hill.
29. A person is not to whistle at night because ghosts will visit you.